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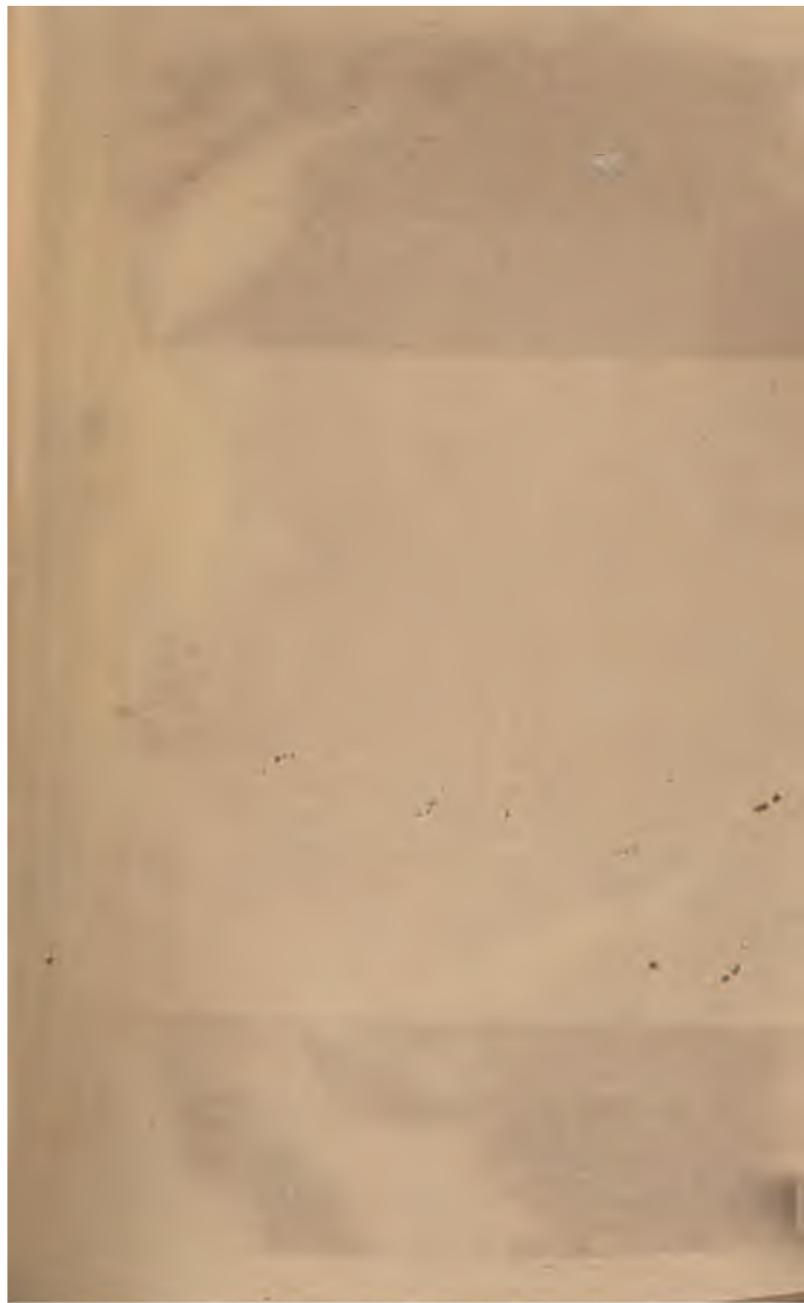
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HEADACHES:

THEIR CAUSES AND TREATMENT

BY

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SECOND EDITION, REVISED.

London:

E. GOULD & SON,

Chemists by Appointment to the London Homœopathic Hospital;
59, MOORGATE ST., CITY, E.C., & 20, BISHOP'S ROAD, W.

1876.

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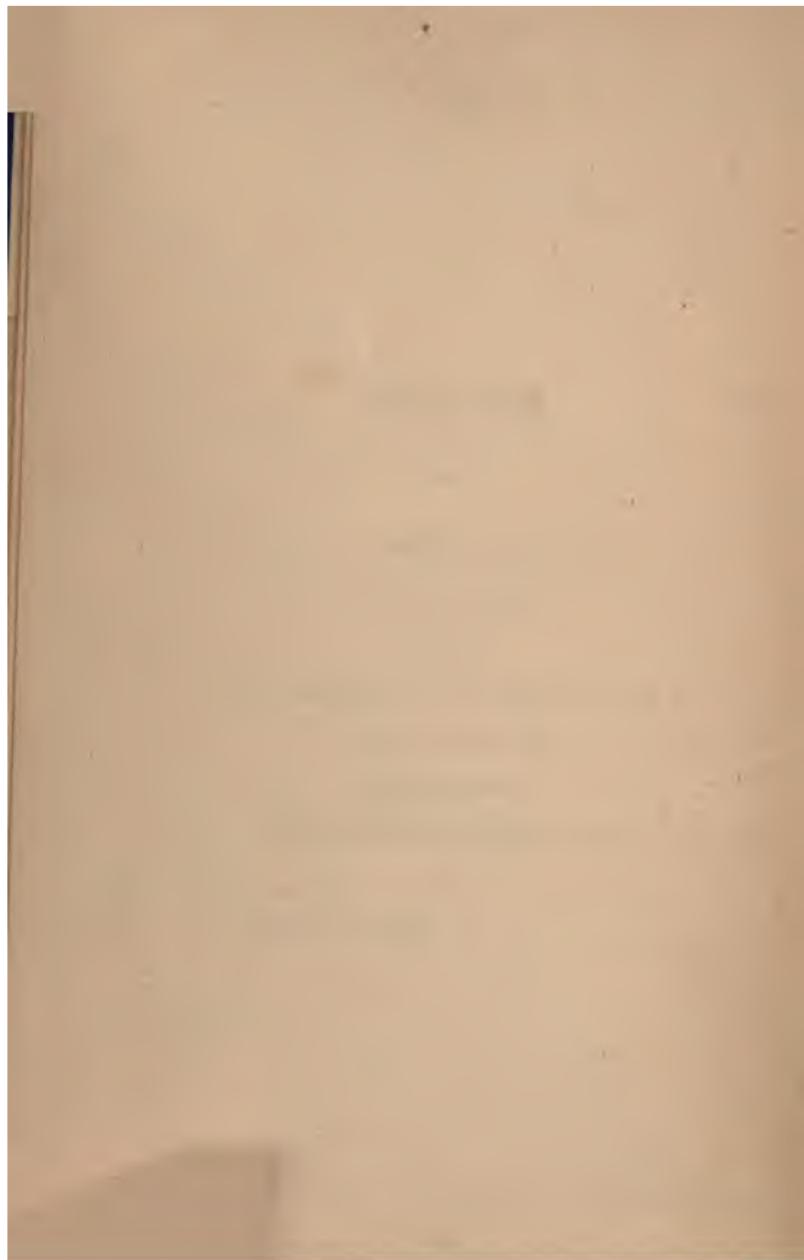


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Dedication.

TO ALL THOSE WHOSE LOT IT IS
TO SUFFER PAIN,
AND
TO ALL THOSE WHOSE HAPPINESS IT IS
TO RELIEVE PAIN,
THESE PAGES
ARE AFFECTIONATELY INSCRIBED
BY
THE AUTHOR.



P R E F A C E.

By way of preface I would say that this little work is simply one long friendly chapter on pains that attack the head. It is not deep enough for a scientific treatise; it is not terse enough for a medical handbook; but was written to give lay people a tolerably clear account of some of the most common forms of headache, to offer some plain suggestions for their treatment, and to point out a few shoals and quicksands that are best avoided.

It is my belief that three persons out of every five who make active use of their brains suffer more or less at certain times from headache; but it is also my belief that not more than one in three have a clear notion of the kind of headache they suffer from. My long chapter has been written to supply this deficient

information, and to prevent serious mistakes being made either in the use of medicinal or hygienic measures. If my object is attained, what mutual satisfaction there will be between my readers and myself!

PREFACE TO SECOND EDITION.

THAT the first edition of this little work should have been exhausted in a few months is very gratifying, as it implies in a measure that some matter of general interest was contained therein. At the request of the publishers I have carefully revised the whole work, and made a few additions that may prove acceptable.

2, POOLE VILLAS,

UPPER RICHMOND ROAD, PUTNEY.

HEADACHES AND THEIR TREATMENT.

My purpose in this little treatise will be to give sketches of the various forms and conditions of the complaint known as headache, and to show, in the case of the so-called nervous headache, and falsely called sick headache, how it is intimately connected with neuralgia.

To classify headaches is a very difficult and unsatisfactory matter, for in all classifications we find there are links that connect the individuals of one species with those of another; but still we may with safety draw out the following table, and divide headaches into those of active congestion, and those of passive congestion.

HEADACHES OF ACTIVE CONGESTION

Are caused by sudden suppression of discharges, either natural or morbid: *e.g.*, bleeding piles, menstruation, old wounds.

Sudden suppression of chronic skin affections.

Sudden disappearance of pain or inflammation from a gouty hand or foot.

Change of active habits for a sedentary life.

HEADACHES.

HEADACHES OF PASSIVE CONGESTION

Are caused by weak action of heart, either due to organic or functional derangement.

Profuse menstruation.

Hæmorrhage, either sudden and profuse, or long lasting.

Too prolonged nursing.

Sexual excess.

Long-continued anxiety of mind.

Severe and prolonged intellectual effort.

The weakening influence of constitutional diseases, such as syphilis, tubercle, cancer, Bright's disease, or gout ; of fevers, both continued and intermittent ; the sympathetic irritation caused by intestinal worms.

Bilious derangement and chronic dyspepsia.

The rheumatic headache is the only one which is almost purely localized in the nerves and fibrous tissue of the scalp ; a state of active or passive congestion accompanying every other form of headache, as shown by the paleness or flushing of the face, and by the character of the pulse in the radial or temporal arteries.

The old-fashioned doctrines of physiology that told us of the circulation of the brain being immutable, like the laws of the Medes and Persians, are happily now exploded ; for not only is there much more elasticity about the brain substance than was at first supposed, but also from the latest discoveries we *find that there are* little sheath-like canals running

alongside of the bloodvessels of the brain, which are capable of stretching to accommodate any extra strain or pressure that may be laid upon these same vessels of the brain. Indeed, were it not so, cerebral haemorrhage would be a much more frequent occurrence than happily it is ; and without some provision of this kind, the very sailor tugging at his oar might be struck down with apoplexy, the gymnast on his parallel bars, the very child digging trenches in the sand might fall a victim at any moment to the breaking of a bloodvessel in the brain ; nay, whole armies, in the excitement and furious madness of battle, might be decimated by a sudden and lightning-like paralysis, as fatal as bayonet thrust or bullet wound, but for this beautiful arrangement of the brain structure.

To begin with the HEADACHES of CONGESTION, we must divide them into those of Active and Passive Congestion, that is of increased arterial activity or diminished venous power, as in some forms of organic heart disease. But when the heart is free from organic change, and we merely have to deal with an excited functional activity of the arterial system, what phenomena have we before us ?

Let us take the example of a young, full-blooded man, who has suddenly been taken from active physical exercise, and who has continued the free use of stimulants and animal food ; we will naturally expect to find such a picture as the following, if he is attacked with headache.

The face will be flushed, the head will be hot, the white of the eyes red and sometimes yellow, from deficient action of the liver ; the complexion will be muddy ; the tongue not always furred at the first onset of pain, but in the course of the attack becoming so ; the palms of the hands will generally be hot and unperspiring ; the feet will be often cold at the same time. The pain will most commonly be in the forehead and crown of the head. But as to the exact topography of pain being an unerring guide to us in the treatment of headache, I am at present sceptical, except in the case of nervous headache, which more commonly attacks the back of the head and one side of the scalp, shooting into the ear, and travelling thence to the cheek and eye.

Again, the patient will, as a rule, dislike strong light and loud noise ; there will also be a roaring in the ear occasionally, though this symptom is more frequently met with in headaches of anaemia. The pain itself, too, not only varies in locality, but actual character ; in some cases being dull and heavy, in others throbbing and hammering, and again in others compressive, as though the head were being pressed with a band tied tightly round the temples.

The pain of this form of headache is not generally acute, for where there is arterial excitement there is also absence of severe pain. Constipation rather than diarrhoea precedes and accompanies the headache. *The water is generally scanty and high coloured.*

This is a tolerably faithful picture of the HEADACHE.

OF ACTIVE CONGESTION, which may arise from a variety of causes, and be met with in a variety of subjects.

Amongst the causes may be mentioned the following: too generous living with too little exercise in full-blooded men or women; sudden suppression of any chronic or normal flow of blood, either from the bowels or uterus; the sudden disappearance of a chronic skin affection; the sudden healing up of an old wound, and even the sudden checking of perspiration, for though in the latter case rheumatism or rheumatic fever is the more frequent sequel, yet headache of a very severe character is often the first and most intolerable result. The sudden accession of an attack of gout may be also ushered in by a severe headache of active congestion, especially if the patient has been living on more than sixpence a day, without giving himself exercise sufficient to earn that sixpence, in a humble, honest sort of fashion; and if he be of a robust constitution, the more severely will he suffer. On the other hand some gouty headaches are characterized by a state of passive rather than active congestion, and are somewhat neuralgic in character; but the concomitant symptoms will easily guide us to a correct view of the case.

It is well to mention the fact of this occasionally neuralgic character of gouty headaches, as an old-fashioned and unreasonable, nay unprincipled, pathology has led the world too frequently to believe that gout was a kind of evil spirit that must be thrust *rudely out of doors*; forgetting all the while that the

landlord of the house had been encouraging this same demon to come and dwell with him for months past, treating him to the strongest and fruitiest of wines, and to the richest and spiciest of made dishes, and leading him to the belief that he was to remain in these comfortable quarters for many a long day.

Is it to be expected, then, that the evil spirit would depart at a moment's notice by the simple exhibition of a full dose of *vinum colchici*, though that were followed up by the awakening forces of blue pill, or the cooling influences of what Mrs. Gamp was pleased to call "a slime draught"? No, it would be most unreasonable for us to expect that the evil spirit would depart in hot haste, but rather that he would gather a few little things together, and go at leisure. And I think the best way of treating with the evil spirit of disease is to coax it, and soothe it, and take it gently by the arm, and show it the door courteously; not to fly in a rage with it of a sudden, after having been on friendly terms for years, and then wish to kick it out of house and home like a poor relation. If a patient or a doctor thinks that he can kick an old-standing gout or rheumatism out of doors on a twenty-four hours' notice, he knows very little of the laws of nature.

But after this digression it will be not out of season to return to the subject of congestive headaches and their medicinal treatment.

Of all the drugs I am acquainted with, *aconite* stands *facile princeps* for the relief of active conges-

tion, as for instance where there is violent compressive pain above the root of the nose, with heaviness and fulness in the forehead and temples, as if the head would split. When there is a flushed face on lying down, and pale on sitting up; when there is great restlessness and anxiety, and fear of death; when the tongue is furred, and the whites of the eyes are yellow; when the urine is hot and scanty and high coloured; when the pulse is full and bounding, and the skin harsh and dry; when there is giddiness on rising, with nausea, and there is humming in the ears; when there is a general soreness or bruised feeling about the whole body; when there is dislike to food, and to light, and to sound,—then let the patient call for aconite, and let him not have to call in vain. The rheumatic and inflammatory pains of aconite are better for rest, and worse in the night; the nervous pains are better in the open air.

Belladonna is another fine drug for the relief of congestion, both active and passive. We find, under the symptoms of belladonna, a flushed face, but more darkly flushed than in aconite; we get throbbing of the carotid arteries, but we also get a loaded condition of the veins that lead from the brain to the heart. We have great fulness and compression about the forehead, as if the contents of the skull would protrude; but there is more dulness and heaviness of pain, and there is less anxiety, but occasionally more delirium, than in aconite. The whites of the eyes, too, are more red than yellow; the pupils are dilated, and

the cornea is glassy and bright. The headache of belladonna is made worse by moving the eyes, by lying down, by a draught of air. It is relieved by sitting up, by leaning the head backward, and by strong pressure of the head with the hands. There is also giddiness, and occasionally loss of vision. The face is more often puffed, and red in its puffness, than pale ; the water is scanty and high coloured.

The symptoms are generally worse in the afternoon about three or four o'clock, or after midnight. There is sleeplessness, alternated with fearful dreaming. These are some of the prominent symptoms for which belladonna is applicable. If we reduce some of their intensity, we shall have those of slight passive congestion before us, and for these, as well as for the acuter phenomena, we shall have an admirable drug at our disposal.

Glonoine is a drug which is suitable to those forms of active congestion met with in women who are passing through the change of life, in patients who have suddenly checked some long-continued flow of blood, or suppressed a chronic skin affection. It is also valuable in cases of sunstroke. There is a condition of active congestion, as shown by great flushing of the face, throbbing of arteries of the neck, and quickened pulse at the wrist, giddiness, sense of great fulness and oppression at the forehead and back of the head, with occasional sharp neuralgia-like pains about the side of the head and in the face, and stiffness of the neck. *There is a warm perspiration about the face and fore-*

head that is very characteristic of the action of glo-noine. There is often singing in the ears and sparks before the eyes. The pain is relieved by exposure to the open air. The poisonous action of glo-noine is very rapid ; so also is the curative action. If this drug is rightly chosen, pain will vanish quickly under its use, and therefore the patient need not be long in doubt as to the correctness of his own or the medical man's choice of the medicine.

The symptoms of **PASSIVE CONGESTION** may be met with under any of the following conditions : namely, that of feeble action of the heart, either due to organic valvular disease, or muscular weakness, as in fatty degeneration, or functional weakness, resulting from severe or long-continued losses of blood, over-nursing, or sexual excesses ; or again, where the nervous system has suffered much strain from mental anxiety or prolonged intellectual effort.

These several causes will bring about the symptoms pointing to a state of passive congestion of the blood-vessels of the brain. And what are these symptoms ? They are characterized by a state of dull, heavy depression, rather than active functionary excitement. The heart is feeble, and does not pump the blood quickly enough into the brain to nourish it sufficiently, and the poor brain itself is already so weak and exhausted by the tax that has been laid upon it, that it cannot send nerve force sufficient to stimulate the veins to do their proper share of work ; and the result is that the blood moves slowly and dully in the veins,

producing the state known as passive congestion, with all its distressing symptoms. Look at the patient suffering from headache of passive congestion; let it be a young woman who has nursed her baby for twelve or fourteen months,—a case not uncommon amongst the poorer classes. You will see that at first her face looks pale, and her hands are cold and perhaps clammy, her eye is dull and lustreless, and her expression is one of distress and anxiety; she has a look as if she could easily be moved to anger or to tears, though both might be of short duration. She puts her hand to her forehead, to the crown of her head, to the back of her head. Now she presses it tightly over her eyes, or over one eye, letting the first two fingers sink deeply into the socket of the eye and rest firmly on the eyeball. If you question her as to her symptoms, she says her head feels hot, though to an ordinarily cool hand there is not always a sensation of increased temperature. She says there is a dull, heavy ache, and that she feels stupid and confused; she cannot think clearly; she feels she must make mistakes in talking, though in fact she never does so; and she has a great desire to be alone and undisturbed. She cannot bear light or sound, wishes the blinds to be pulled down if there is strong sunlight, and if the canary has just rejoiced in some occasional sunshine with a song of full-throated ease, she finds this is too much for the sensitive nerves of her brain, and the canary's song of joy is confined to one stanza.

After the pain has continued for a few hours, the

face sometimes becomes flushed instead of pale, and the ears get hot, and the stomach sympathizes with the brain, and there is nausea, or even vomiting; but neither nausea nor vomiting relieve the pain, for the trouble has begun and resides in the brain, and not in the stomach. Then the patient may become so tired and irritated and exhausted with the pain, that she may break down, and become hysterical, shedding tears; and then very frequently the distressing symptoms diminish in severity, and the iron-handed master, Pain, may relax its grasp of the victim, who falls into a quiet sleep of half an hour's duration, to wake with a sense of life being more bearable, though not without a strange feeling of having had a five minutes' conflict with a professional pugilist, and with the equally strange feeling that the pugilist preferred aiming his blows at the side of his victim's head, with marked success. This is one of the pictures to be painted of the HEADACHE of PASSIVE CONGESTION.

Now it will be seen that there are signs of great activity in the circulation in the first headache described, of the young, full-blooded man who *would* eat and drink in liberal measure, or "at lairge," as the Scotch might say, and who *would not* be liberal in the exercise of his muscles. It is a state of arterial plethora; and our friends of the old school would give this full-blooded young man a good brisk purgative and, like a stall-fed horse, turn him out to active exercise. Such treatment would not be very much amiss either, for the time being; but if our free-liver

went on in his old ways, cleaving to the pill and forsaking the exercise, as too many do, we should have a chronic state of passive congestion supervene, which is far more difficult to manage than all the short-lived arterial congestions in the world.

In the second headache described, we have a state of passive congestion induced by impaired vitality; the patient has probably not been sufficiently liberal in her diet, and has given too much of herself away for the benefit of her child. The heart has thereby become weakened in its action, the circulation in the brain has become languid, and the symptoms above described have been brought about; and a very difficult set of symptoms they are to control, for, as a rule, in this form, the mischief has been brooding for months and sometimes for years.

Now, from my past experience, I am inclined to believe that three-fourths of those aches and pains the head is subject to can be attributed to a state of either active or passive congestion, to a condition of activity or sluggishness of the circulation, and consequently to an excess or a deficiency of life power. If this be so, the practical treatment of headache can in a great measure be simplified.

But before I enter upon this most practical question, it will be advisable to touch upon the so-called nervous, but truly neuralgic, headache.

Now the NERVOUS HEADACHE is really to be included in the list of those that result from passive congestion, *for it is a headache of sheer weakness and exhaustion*;

and, as I have already shown, where there is weakness, there also is venous congestion. In a measure however, there is in the so-called nervous headache more one-sidedness of pain, and the pain itself commences very often in the nape of the neck, or over the mastoid process; and there is more absolute agony of pain, and less intellectual confusion than where the circulation is primarily affected, as in the case of weakened heart action, or in the case of haemorrhage.

The term itself, nervous headache, is an objectionable one, for there is somehow associated with the word "nervous" the idea "imaginary," and nervous affections have been looked upon as hysterical and imaginary troubles. Now, it would be better, both for the sake of science and for suffering, to use the more accurate term neuralgic, instead of the more vague epithet nervous; we have then to deal with an absolute fact of bodily pain, rather than with an unreal, but nevertheless most unmanageable, phantom of the mind.

Having set out with this altered title of disease, we can more accurately note its characters. Some may be disposed to object to this change of name, and will say, "If it be neuralgia it can no longer be headache." To those I would answer, "Tell me where the headache absolutely ends, and the neuralgia accurately begins?" I shall therefore consider this one-sided headache of weakness another form of neuralgia; and in many points it is nothing more nor

less than an irritation of the nerves that supply the muscles of the face and part of the scalp. I would also point out various conditions that are common to both neuralgic headache and neuralgia, to show their intimate relationship, if not their absolute identity; and to begin with, "Where is the pain in neuralgic headache?" It follows the course of the facial nerve, showing itself in greatest intensity in various spots where the nerve becomes more superficial, as above the orbit, in the upper eyelid, at the side of the nose where the bone ends and the cartilage begins. And again, we have other spots of pain, as below the orbit, in the most prominent part of the cheek-bone, in the eyeball itself, in the temples just in front of the ear, and in the lower jaw. These various spots of pain are met with in facial neuralgia, and also in the so-called nervous headache. And further, lines and spots of pain are met with, following the course of the cervico-occipital nerve, which sends branches to the back of the head, side of the neck, the triangular space enclosed between the lower jaw, the middle line of the neck, and the collar bone, to the side of the ear and the bony prominence behind the ear. Sufferers from nervous headache will be able to trace out these lines of pain most accurately, and it will be found that they correspond to the track of various nerves whose course is mostly superficial, or at any rate whose painful course is eminently superficial.

So far for the actual locality and dwelling-place of *the pain*; we must next consider the character and

disposition of the pain. It is decidedly cosmopolitan, claiming no particular nationality, and simply asking for a weakened constitution to work its own sweet will on, and a bitter, biting, dogtoothed, evil-minded east wind to encourage it in its onset. It follows then that the character of the pain is severe ; it is not merely severe, but it is agonising at times. It is intermittent ; and this is one of its good features, for were it not for these temporary lulls, the miserable sufferers must lose their reason. The pain is brought on by over-work, over-worry, and over-exposure to cold ; and this last cause is a very important one to consider, especially in relation to the treatment of these neuralgic headaches. I have noticed that they are almost epidemic, like influenza, during a long-continued prevalence of east and north-east winds ; and that therefore one leading indication in their treatment would be to keep the patients out of harm's way, to the lee side of these most unkind, unamiable winds ; for so sure as a sufferer from neuralgic headache ventures forth against them, he as surely gets a forcible reminder of his own frailty and their malignity. It is very clear that the late Canon Kingsley did not suffer from facial neuralgia, or he would not have had the heart to applaud the efforts of the north-east wind, and to call it "the *brave* north-easter." To my mind it is the most truculent, dastardly wind that blows ; for it is conscious of its own fearful power, and uses this power in the most reckless fashion, not merely attacking the strong and hale, like a chivalrous knight, but running merci-

lessly a-tilt against defenceless women and children, and "feeble folk" of all description.

If we can clearly establish the fact that the so-called nervous headache is only another form of neuralgia, it must of necessity follow that the treatment of this headache should be similar to that adopted in cases of neuralgia. As we see that warmth and stimulants are most grateful to sufferers from facial neuralgia, and that cold air and a poor diet are equally trying in this affection, so we may conclude that sufferers from nervous headache would hail with delight a snug corner at their "own fireside," and the cheering stimulus of a glass of their favourite wine, whether the grape that produced this wine ripened and grew mellow on the banks of the Douro, the Rhone, or the Moselle.

The greater my professional experience every year, the deeper is my conviction that nervous headaches require a thoroughly liberal diet and the application of warmth, both general and local. And conversely, immense harm has been done by lowering patients who are affected with this kind of headache. Indeed the previous history and treatment of numbers of cases that have fallen to my care shows me that this error of medical judgment has been not unfrequently committed, in some cases from a lack of perception of the true state of affairs, and in others from a misconception of the therapeutic properties of alcohol.

I will cite a couple of cases showing the value of *warmth and stimulants* in contradistinction to the

hurtfulness of cold applications to the head and a rigid teetotalism. Not that I am an enemy to an enlightened and occasionally elastic form of teetotalism, for the principle of abstinence from strong drink has brought happiness to thousands of ill-governed households ; but I cannot at present accept the principle that withholds a small and well chosen quantity of alcohol in a case of neuralgic headache.

The first case I will speak of was that of a young lady, a patient of mine, in Croydon. When called to see her I found her lying in bed, with a face of ashy paleness, with cold hands and feet, in a cold bedroom without a fire, and the time of year was winter. To add the last straw that should metaphorically break the camel's back, she had some cloths dipped in icy-cold vinegar and water applied to her already cold forehead and temples. The pulse was miserably weak, as it ought to have been under such chilly circumstances. I was informed that my patient had a bilious headache, and was asked if I could give her anything for her liver, as she complained of nausea. In reply, I said that I could not without prejudice to the patient or myself give her anything for her liver, as I did not believe that this much-injured organ was at fault ; but that, if she would submit to my directions, I should substitute a sponge dipped in hot water for the cold cloths. I should also supply the patient with a hot-water-bottle to the feet, an extra blanket, a plate of hot soup, and two glasses of champagne. I am pleased to add that my suggestions for general

treatment were carried out. I prescribed a medicine (not for the liver), and when I called on the following day was gratified to hear that within an hour's time my patient was considerably better, and before very long the headache had vanished.

One obstacle to the implicit belief in my suggestions was the feeling of nausea complained of; but as the tongue was quite clean, rather pale and tremulous, I convinced the patient's mother, a woman of high culture and intelligence, that the nausea proceeded from an irritated and weakened brain, rather than an overloaded stomach or congested liver. And this very feeling of nausea too often misleads both patients and their friends, nay, sometimes even throws dust in the eyes of the medical man, blinding him in his efforts to hunt down the enemy, Pain.

To return to the symptoms of nausea, this frequent accessory of nervous headache. It will be of value to take more notice of it than has hitherto been done. Nausea, as we all know, means feeling sick, and, to be philologically correct, means feeling sea-sick. Well, as in sea-sickness Dr. Chapman has shown us that the liver is not the organ primarily affected, so in the sickness of nervous headache we must not imagine that the liver or stomach is the prime mover and originator of this bodily revolt, but rather look to other organs that have provoked this deep mutiny. Now, in nervous headache, the brain, spinal cord, and sympathetic system are chiefly at fault, whereas the *liver can with confidence be pronounced "Not Guilty."*

The nausea that comes on in nervous headache does not precede the pain, but follows on its long continuance, and is due to an exhausted state of the brain and nervous system, and not to a congested state of the liver, neither to a weakened state of the stomach and digestive organs, for the tongue is clean in nine-tenths of these cases of nervous headache ; it is pale ; it is often indented by the teeth ; it is also tremulous when put out for inspection. Furthermore, the patients can generally take a fair amount of food, and their symptoms are improved by so doing. Now it is needless to say that the very sight of a mutton chop or the very smell of roast beef is enough to bring on the horrors of nausea and retching in the case of the bilious patient.

Let, therefore, the characteristics of this nausea be borne in mind, and then nervous headaches need never be intensified for lack of a little judgment, a little food, and a little stimulant.

The pulse is not always clearly indicative, for though invariably weak and compressible in nervous headaches, it is occasionally so in bilious and dyspeptic headaches, for the latter are accompanied by signs of passive congestion, which amounts to a depressed state of the whole system ; and here lies a very delicate and difficult question, namely, whether the form of bilious or dyspeptic headache met with in patients of weakened constitution and depressed nervous system would not be benefited by a small amount of light aërated stimulant, free from sugar or strong acid, such

as can be readily supplied by a bottle of soda-water, to which a table-spoonful of brandy or whisky has been artistically added.

I will quote another case to show the value of small doses of alcohol in the treatment of nervous headache :—

The patient was a man of about forty-five years of age, tall, thin, sallow-looking, and of the bilious temperament. I should prefer in this instance calling it the bilio-nervous temperament. His complaint was headache ; his fear was an ill-conditioned and refractory liver. The character of the pain suffered from was rather one-sided, taking the right side of the head, from the median line to the side of the ear, including the right temple. The pain was worse after worry, and of this he had had his share in abundance ; it was worse in the cold wind ; it was improved by sleep and by food. The tongue was clean : the pulse was weak ; the patient looked and felt depressed. The bowels were fairly regular ; there was occasional dyspepsia, with flatulence, and piles were also complained of.

Here, then, was at first an apparent difficulty,—the bilious temperament conjoined with evident neuralgia. What was to be done ? I inquired into the patient's habits of life, and found that he led a very regular life as far as diet was concerned, and that he was a teetotaler. This was all so far in favour of the liver ; but how was the nervous system cared for ? Why, *very indifferently*, inasmuch as he had a large busi-

ness to superintend, and there was much anxiety connected with it. The treatment therefore to my mind was sufficiently clear, and would be summed up in a short sentence : "Less business and a little alcohol."

This prescription I suggested my patient to follow. He said that the business must be attended to as heretofore, and that his principles were an obstacle to the use of alcohol. What could be more natural on his part than to give me such an answer ? And yet if his headache was to be relieved, I felt that there was only one course to be pursued. The business must go on, or in all probability bankruptcy might follow ; but by the judicious use of stimulants, the overwrought nervous system might be given help and courage to carry on the business with less wear and tear. I put the case clearly and plainly before him, showing him that it was a choice between two evils, either that the business habits must be relaxed in severity, or that stimulants must be given ; and that if the business career were pursued with the accustomed severity, and the teetotal principles persevered in, his system must suffer, and his health might break down. I suggested the use of claret as a stimulant, permitting him even to dilute it slightly with water for a daily drink, and to take it undiluted during attacks of headache.

I am gratified to say that my patient followed my instructions, called upon me a month after this first interview, and told me that he had been as actively

engaged in business as ever, but that, thanks to my prescription, he had suffered very slightly from his accustomed headache.

The medicines prescribed in his case were ignatia and sulphur; and in justice to them as well as the claret, I must add that they helped to restore my patient to excellent health.

This good state of affairs lasted for six months after, to my certain knowledge. I have every reason to believe it still exists.

In the case just stated, there were difficulties in my own and the patient's way; but yet not insurmountable. And if the advocates of teetotalism would consider small and judiciously given quantities of alcohol rather in the light of a medicine than a poison, it would be better for suffering humanity's sake. In advising the use of alcohol in these forms of neuralgic headache, I must of necessity touch on the question of teetotalism, and a very tender and delicate question it is to solve.

Now, on the one hand, there are thousands of individuals guided into a happier state of morality by adopting its principles, who, from want of self-government, would infallibly drift into a hopeless state of trouble without this binding pledge of total abstinence.

Furthermore, there are thousands of individuals whose physical health is rather improved than injured by abstaining from the use of alcohol.

And thirdly, when alcohol is taken apart from food,

there is undoubtedly great waste of money involved by all classes, and less powers of restraint observed by all classes. Thus far I stretch out the hand of good fellowship to all those worthy people (for of their moral worth I have not the shadow of a doubt), —I repeat, those worthy people who, believing that alcohol is both unnecessary and injurious, abstain from its use *in toto*; and also, believing that their own precept and example will bring happiness to many others, forego the delicate bouquet that hovers round a flask of fine Rhenish wine, or the healthy, mellowed sharpness of a bottle of Château Margaux or Lafite. They are strict followers of Benthamite doctrines, for they advocate the happiness and well-being of the majority of human beings, inasmuch as the majority of human beings can dispense with the use of fermented liquors up to a certain age; and if this happy majority is to have their chance of happiness endangered by the use of those fermented liquors, what can be more natural and prudent than to leave the products of fermentation alone? Therefore, by total abstinence from alcohol, we gain the happiness and health of the majority, and this is a great gain truly; but we lose the higher principle of unfettered self government; for the individual who can restrain his desires whilst using a gift to man is a nobler sort of animal surely than the individual who can only practise restraint through the medium of written and spoken pledges to his fellow-men.

But now let me turn to the advantages of a

modified teetotalism, which sounds like a contradiction in terms, as it were, a sane lunacy, a Jesuitical half-truth, or just immorality. Call it rather a modified abstinence, and it may then, after all, turn out to insure the happiness and also higher morality of the majority of human beings. We think one point has been lost sight of in regard to the abuse of alcohol; the one point is, that the inhabitants of Great Britain mix their drinks too strong, and it is the *strong* drink that does the chief mischief. If we could check the use of spirits amongst the working classes, we should also check the numerous evils that follow their consumption. Your beer-drinker, as a rule, is a man of moderate desires; he takes his alcohol diluted, and in most instances with his food. The consequence is, that no harm follows this moderate consumption; and should he occasionally exceed the stated pint at meal-times, the excess leaves less permanent traces on the casual debauchee. But the spirit-drinker is an individual who takes his alcohol in a concentrated form, and who does not take it at meal-times; the alcohol therefore being more concentrated, and the coats of the stomach less protected by food, more injury is inflicted on the stomach, and when a casual excess occurs in a constitution where excess is almost the normal state, it is like adding turpentine to a slumbering fire, for a train of inflammatory symptoms is then unhappily the disastrous sequel.

The lighter and less alcoholic the general drink *of the country*, the fewer cases of intemperance and

brutality are there to be met with. France will compare most favourably with England even now in the matter of intemperance, and we may attribute this in chief measure to the general use of a light, unstimulating wine or beer, rather than the frequent use of spirits. I regret to say that these pernicious and evil-tasting spirits are creeping like snakes into the homes of both France and Germany, and when they are fairly housed and warm and domesticated they will, snake-like, sting their protectors.

Let us therefore banish the use of spirits, except for medicinal purposes, and let us drink light wines, beer, and cider. We shall then be a happier and more temperate nation.

This vexed question of the use of alcoholic stimulants in the treatment of disease must naturally lead us to consider the choice of those stimulants most specially suitable to the forms of headache I have spoken of. For sufferers from neuralgic headache I would advocate the use of drinks charged with carbonic acid gas, to be taken at the time of the actual attack, and *good* bottled stout is a reasonable sort of luxury, within the limits of every one's purse, but not suitable for individuals whose livers are their chief misery. Bad bottled stout or beer is infinitely worse than indifferent draught stout or ale, as fermentation is still going on, and is completed in the stomach of the patient instead of the robuster belly of the bottle or cask. For those who prefer higher flights and whose purse-strings are elastic, the more elegant cham-

pagne, sparkling Moselle, or sparkling Hungarian wines, or in fact any well-made sparkling wines, be they of France, Germany, Hungary, Italy, or Greece, will help to give that gentle fillip to the heart's action and that happy stimulus to the brain that sets the blood flowing more evenly, and makes the nerves telegraph their impressions in a less dejected and spasmodic fashion. I do not advocate the continuous use of these effervescent wines. As a rule, they contain too much sugar to be absolutely harmless to the gouty or dyspeptic, and amongst the gouty and dyspeptic we shall meet with sufferers from neuralgic headache. Nor, again, do I advocate the continuous use of bottled stout to all sufferers ; for the continuous use of malt liquors, unless accompanied by habits of active exercise, is apt to set up acid indigestion, and to favour the too rapid accumulation of fat, to be profitable, if indeed it is absolutely safe, to the patient. Nay, I would go still further towards teetotalism, and say that with the exception of those who work their brains unduly, I would advise almost total abstinence from fermented liquors in the intervals from neuralgic pain ; or, if there is a tendency to slight neuralgic attacks, I would limit the quantity of alcohol to two glasses of light wine, or a glass and a half of bottled stout, to be taken in the twenty-four hours. And as the health improved and the neuralgic pains lessened in frequency, I would diminish this to even one glass of light wine and three-quarters of a glass of stout, and gradually take away all alcoholic supply.

Neuralgic patients require meat twice daily ; they also require a fair amount of fatty food, and therefore milk should enter largely into the composition of their diet ; and when milk is apt to lie heavily on the stomach, or ferment and turn acid, a trial should be made of cream. Cod-liver oil may be taken at bedtime, and salad oil can be used at dinner-time, both being useful accessories as fat-formers and heat-producers. Should these oils, however, turn acid, or should they take away the natural appetite for food, it is better to discontinue their use, as this shows that they are not digested, and therefore inappropriate.

The appropriate medicines ought in these blissful intervals of freedom from pain to be doing their duty as medical special constables, checking in a quiet, unobtrusive fashion the riot and mutiny of pain. And the more quietly and unobtrusively they perform their office, the more fitted are they for an intelligent medical constabulary force. Now, if the practitioner selects a quiet, gentlemanly sort of a drug, and offers it in a reasonable sort of strength, and adapts it to the suffering part with intelligence, not to say adroitness, what is more natural than for the body corporate to be flattered, not to say cajoled, and to bow the intruder, Pain, in the most charming manner out of its premises.

I confess to a decided preference for those quietly acting medicines, that go straight home to the part without much ado, to conjure away pain and suffering, just as if they were doing nothing at all, like quiet

that the morbid phenomena known as hysteria are very common to men of a highly refined and sensitive nature, whose bodies and minds have been overtaxed. And at the next public meeting for advocating the defence of women's rights, let them take it sadly but philosophically to heart, that the right of becoming hysterical at any given or opportune moment no longer belongs exclusively to their sex.

The ignatia headache furthermore is aggravated by noise, by strong light, by mental effort, by stooping, by moving the eyes. The pain is mostly one-sided, sometimes affecting also the forehead and crown of the head. The face is generally pale at first, and flushed when the pain has lasted some hours. There is often a sinking feeling at the pit of the stomach, due to depressed nervous force. The pulse is weak. There is a disposition to pass a quantity of pale urine. There is a dislike to the open air, especially if that air is cold.

China is a medicine that should be used in headaches that are caused by very profuse or prolonged menstruation, by too prolonged nursing, by loss of blood from an operation, by general excess, by chronic diarrhoea. The symptoms that point to the use of this remedy are a pale, bloodless look of the face and hands, a heavy weight at the crown and back of the head, roaring in the ears, giddiness and faintness on slight exertion, perspiration easily excited and more frequently occurring at night, palpitation of the heart. The head symptoms are worse as a rule at night, on

movement, in the open air, by a draught of cold, damp air ; the scalp is sensitive to the touch, yet strong pressure relieves.

Colocynth is characterized by the intensity of its pains, which are distinctly neuralgic. The pain being always one-sided, spasmodic, coming and going, worse as a rule during rest, the patient being very irritable and restless. Nausea is often present, and sometimes vomiting and diarrhoea, the abdomen being conjointly affected by cramp-like pains. The hands and feet are cold, the pulse weak. The pain travels from the temple to one-half of the forehead, attacks the eye, cheek, and ear, and turns back to one-half of the parietal region. The pain is improved by warmth and strong pressure. Rheumatic and gouty subjects find most relief from the use of this medicine, especially if they have been exposed to a draught of cold air.

Calcarea carbonica is a medicine that will be of service in the headache of second dentition, and of weakness brought about by loss of animal fluids. It is also suitable in those cases where tubercular disease of the brain is suspected. The headache is generally one-sided. It is made worse by mental effort, by movement generally, by cold air and cold water ; it is improved by rest and warmth. The subjects for whom calcarea carb. is more especially adapted, are of a lymphatic or scrofulous disposition. It is followed well by sulphur.

Silicea is suitable for cases of neuralgic headache,

or for the headache of scrofulous children, when the following symptoms are present: pressive pains in the crown of the head and forehead, which commence very often in the nape of the neck, and finally settle in one side of the head, more often the right side, with stitches through the eyes and in the cheek bones. These pains are for the most part aggravated by cold air, by stooping, by thinking, by talking, by going upstairs quickly; and they are relieved by wrapping up the head warmly, and keeping the whole body warm and comfortable. The face is generally pale at the commencement of the *silicea* headache, but may get flushed as the pain becomes more intense; but there is chilliness of the body throughout. There is sensitiveness of the scalp to pressure, and in scrofulous children this is also accompanied by a profuse sour-smelling perspiration. The pain is generally worse at night; but this does not always hold good, as some of the headaches relieved by *silicea* are worse in the morning and mid-day, and pass away in the afternoon about three or four o'clock.

Veratrum album has won its laurels over and over again for the relief of cholera and choleraic diarrhoea; it also has gained honour for the relief of headache. The pains for which it is more especially adapted are of a neuralgic type, rather one-sided, but occasionally running up to the crown of the head and down to the nape of the neck. The face is pale on lying, but flushes on rising. There is nausea, and sometimes sickness, but not bilious vomiting. The feet and

hands are very cold, and the patient frequently shivers both before and during an attack of pain. The scalp is often tender, and there is a feeling of icy coldness on the crown of the head, which is very characteristic of this medicine.

Gelsemium sempervirens is a vegetable medicine which has for some years been highly esteemed by our American colleagues for the relief of headache and neuralgia, and therefore it has come into this country with its reputation already made. However, to prevent its being indiscriminately used for all forms of headache, we would suggest that it is more to be relied on in those cases of passive congestion, with pain and stiffness in the nape of the neck, than for cases of active congestion, with throbbing arteries and flushed face, though I must admit that it has been spoken highly of in the feverish attacks of early teething in childhood. We find the symptoms of dull dragging headache mainly in the occiput, mastoid, and upper cervical region, of most recurrence in Dr. Hale's provings. The pain is relieved by sitting with the head and shoulders raised high. There is giddiness complained of, dimness of sight, profuse urination, and more frequently a weak pulse than a strong one to be met with; all these symptoms pointing to a state of weakness and nervous prostration. The supra-orbital neuralgia of *gelsemium* also points to a lack of vital force. Dr. Hale has lately added picric acid to the list of remedies for the headache of passive congestion.

He says in a communication he has kindly favoured me with in reference to its action on the cerebro-spinal system, "I have given it successfully in several cases, when this cerebro-spinal pain due to passive congestion was present, and in all cases due to over-taxation of the brain and mind. It is one of our most potent remedies for the headache of students and over-worked business men, or when grief and other depressing emotions have resulted in nervous exhaustion with passive congestion."

This drug in a great measure resembles in its action the moral sphere of *ignatia*.

Inasmuch as I have brought the neuralgic headache in the list of those due to passive congestion, so I will bring together in one section of my treatise the medicines that relieve both neuralgic pains about the head and also the various conditions of passive congestion met with in weakened frames. For this reason I include *lachesis*, *sepia*, and *platina* in this section, though they partly belong to menstrual irregularities and uterine weakness.

Lachesis is more especially called for in those bilio-nervous headaches of passive congestion that occur to women at the change of life—where there are alternate flushes and chills, giddiness, anxiety, and irresolution met with. When, for instance, the patient hardly dares to cross the street for fear of an accident. The headache is generally worse in the morning after rising from bed, worse by moving about, by stooping, by going upstairs, by strong sunlight, by stimulants.

There is nausea and sometimes vomiting of bile, and a feeling of tightness round the waist. The bowels are confined, and piles are often complained of. The period is irregular, either scanty or too profuse and exhausting. The patients are generally of a dark bilio-nervous temperament, bear an anxious type of countenance, and show hysterical tendencies.

Platina is a medicine which is used with advantage in cases of neuralgic headache occurring in women who have been weakened by profuse menstruation, or where there has been ulceration of the neck of the womb. It should be given when the following symptoms are present. Pressing headache in the forehead and temples, that *gradually increases and decreases*; aggravated in the evening, by stooping, while the patient is quiet indoors; improved by exercise and the open air. At times there is a sense of numbness in the head. There are transient flushes of heat, and the patient feels ill-tempered. There is also a curious numb, crampy pain about the nose, which indicates the use of this medicine. The face is flushed and pale alternately. There is also a sensation of coldness, tingling, and numbness in one side of the face. The pulse is generally weak, and the patient feels chilly when the pain is coming on, and when it has lasted some hours.

Sepia is one of those drugs which, like platina, is more adapted to the female organism than the male, and is suitable to those forms of headache that occur to women before and during their monthly periods,

when the flow is insufficient or painful, especially if there be a feeling of falling down of the womb, with crampy, labour-like pains. The head symptoms are generally one-sided, though sometimes the crown of the head is also affected; they are worse if the patient remains at rest indoors, or if she stoops, and thinks much. The symptoms are improved by walking quietly in the open air, if this air is warm; though when the pain is acute there is a dislike to strong sunlight and also cold wind, and there is a heaviness about the eyelids, as if the muscles were too weak to open them. There is also in some cases coldness on the crown of the head. Constipation is generally present. Nausea occurs and sometimes vomiting, for there is an element of bilious derangement in those headaches for which *sepio* is suitable.

Sulphur is a medicine which should be used intermittently between the attacks of pain rather than during the attack itself, and would be especially suitable in the following cases: where there has been sudden suppression of bleeding piles, of a skin eruption, of a chronic discharge, of an attack of gout in the extremities, especially if we have a general dull and confused feeling in the head, and there is a heavy look about the eyes, if the head is hot to the touch, and the patient is sleepy, giddy, and disinclined for mental work. When the headache is either worse in the morning on rising, or else on going to bed, and at midnight, in the open air, on change of *weather*; when the bowels are confined, and there is

nausea and dislike to food ; when the skin is dry and the hands hot, when the headaches are periodic and the vitality lowered,—then sulphur will act as a stimulant to the whole system, assisting the action of other appropriate medicines, and adding its own especial and peculiar virtues of healing.

DYSPEPTIC HEADACHE.

The headache of chronic dyspepsia is characterized by a sense of general languor and aching in the limbs, by a dull heavy weight in the head, by a charming persistency that is most aggravating to the sufferer, but is all the more bearable inasmuch as it never or rarely amounts to an intense pain.

The pain is mostly seated in the forehead or back of the head, or on both sides of the head, equally divided by the median line of the body ; therein it differs from neuralgic headache, which is almost invariably one-sided in its locality. The pain is of a dull, heavy character, making the patient feel confused in his mind and irritable in his disposition ; moreover it is, as a rule, not improved by sleep. The tongue is furred, and its papillæ enlarged ; there is dislike to food, there is sometimes thirst, but not invariably so. The bowels are constipated, or constipation alternates with diarrhœa. The pulse is not raised, and is more apt to be feeble than strong in character. Nausea is complained of, but vomiting rarely occurs unless in the case of some great indiscretion in diet.

This headache is apt to attack people of sedentary habits, who do not take sufficient exercise between mealtimes, and go to their daily occupations very soon after their principal meal, which is early dinner. It is a headache therefore peculiar to a large class of hand and head workers, such as compositors in printing-houses, milliners, shoemakers, tailors, carpenters. All these handicraftsmen have long hours of sedentary work, and short intervals for meal-taking and exercise. Literary men and clerks in banks and houses of business must come under the same category of those whose hours of work are long and hours of exercise are short; and they therefore have to suffer the penalty of indigestion, and its accompanying headache, together with their fellow-sufferers of lower craft. Is it to be wondered at when we consider the long hours for work, the too often ill-ventilated work-room, and the almost immediate call upon the worker's time and attention, after dinner has been hastily swallowed? If time in the day is so precious to both employers and employed, that even digestion must be interfered with, when the chief meal is taken in the middle of the day, it would be wiser to take a light luncheon-like meal without stimulants in the midst of work, and reserve one's gastric forces for a fuller evening meal, when absolute rest can be more easily obtained at the close of the working day.

The headache of chronic dyspepsia begins insidiously, and lasts for months, or even years. The state of *the stomach* should receive our most careful attention,

and often, when the gastric symptoms have been relieved, the headache will linger fondly round its victim, as though loth to part with such an old companion. Indeed, in those long-standing cases, the nervous system itself becomes deeply affected ; for as the habits and occupation of the sufferer have really led to undue waste of vital force, so it takes longer for this force to be repaired than for the machinery of vegetative life to be put into good working order. And as it is always difficult to mark off very clearly one species of plant or animal from another, so we find that it is not always philosophical to map out in absolutely defined limits one form of headache from another. The headache of chronic dyspepsia touches on the confines of the biliary system and the nervous system ; indeed, when sickness is complained of, and the liver affected, as is the case in some dyspeptic headaches, we have transformed our chronic headache of indigestion into an acute bilious attack, or an attack of acute gastric catarrh, according to the severity with which liver or stomach may be affected. When in the case of the brain-worker, both stomach and brain break down from injudicious management, the brain is the greater sufferer, and we have symptoms of nervous or neuralgic headache. And furthermore, I have shown how nearly this nervous headache touches on the province of pure neuralgia. So that though we may, for the sake of dictionaries and encyclopædias, give very accurate definitions of those varying pains called headache, yet upon *careful inquiry*

we shall find that there are little intermediate links that bind one species to another. I hope that any medical friends who may find fault with my classification will bear in mind the strange relationship and interdependence of various organs of the body with each other, which, though distant and apparently unconnected, are bound together by the strong fairy threads of the sympathetic system.

Again, too, we must remember that one patient may suffer from two distinct headaches. I have known very bilious people suffer the intense pain of nervous headache, and have seen them relieved by warm applications and a timely stimulant. During a bilious attack, I have seen the same patient retch at the very smell of a wineglassful of weak brandy and water.

The medicines most suitable for this form of headache are bryonia, *nux vomica*, *pulsatilla*, *antimonium crudum*, *chamomilla*.

The symptoms of *antimonium crudum* are a stupifying kind of headache that is worse in the evening, worse after food, especially fatty food, worse for drinking sour wine, and worse in the strong sunlight. There is nausea, thirst at night, pains at the pit of the stomach, and diarrhoea alternates with constipation.

Bryonia is a medicine which plays a double part in the relief of headache, controlling those symptoms that arise from a disordered state of the stomach, as well of those where rheumatism has begun to assert

her painful sway. The headache of bryonia is one that is characterised by a dull, heavy appearance in the patient ; by a darkness or sallowness of the face, with occasional flushing ; by a dulness of pain in the forehead and temples, if the symptoms are due to stomach derangement ; and by a soreness of the scalp at the sides and back of the head, if it has a rheumatic origin.

The tongue is generally covered with a brown fur, looking dirty and dry. There is dislike to food ; there is thirst for large but not frequent gulps of liquid, the favourite liquids being water or beer. The bowels are constipated, the stools being too large in size, and dry.

The patient is apt to be very surly and irritable, "like a bear with a sair heed," as the Scotch say ; in the case of rheumatic headache (for which this remedy is very suitable) the "heed" is really "sair." The pulse is unaltered as a rule ; in chronic cases, where the digestion is at fault, it is apt to be weak and slow. The symptoms are worse in the evening ; worse from moving about, especially from going upstairs. Warm food increases the gastric symptoms ; warm clothing improves the rheumatic troubles. Sitting up makes the dyspeptic patient feel sick and faint ; the recumbent position is therefore the most grateful.

For the dyspeptic and also bilious headache *nux vomica* is a medicine of great value when the patient complains of the following symptoms,—such as giddiness on first rising from the bed ; nausea early in the morning, and brought on even by the sight or smell of

warm food ; feeling of weight in the head, worse on stooping or moving from the bed ; pains either in the temples or forehead. If the tongue is furred, and there is a bitter taste in the mouth ; if the complexion looks muddy, and the whites of the eyes are yellow ; if the bowels are constipated, and the water is high-coloured and scanty,—then the patient may take the medicine and greatly hope for relief.

The *nux vomica* headache is worse in the morning on waking ; worse from mental work ; from being in the open air, and in sunshine ; from the use of tobacco, alcohol, and narcotics in general. It is improved by warmth in bed, rest, quiet, and darkness.

Mercurius is indicated when there is a clammy perspiration on the forehead ; when the tongue is furred and shows the marking of the teeth ; when the pains are worse in the warm bed ; when there are griping pains in the bowels, and the motions are pale and clay-like or green, and inclined to be relaxed ; when there is nausea present ; when the pain is on the crown and side of the head, then *mercurius* may be given with advantage.

Pulsatilla is suitable when we have the headache aggravated by being in a warm room, by keeping very quiet, by stooping, by mental labour, and in the evening. It is improved considerably by the cool air, slow motion, by keeping the head in a high position, and by pressure on the head. The pain is accompanied by a hilly feeling, by depression of spirits, *by nausea*. It is more often one-sided than the re-

verse, the left side being more frequently attacked. It suits women of an easy, mild temperament ; and if irregularity of menstruation accompanies the headache, this medicine is then more especially called for.

In some cases there is also a history of chronic dyspepsia, marked by great dislike to fatty food, pastry, and milk. This form of indigestion is not characterized by the symptom of thirst. The headache of *pulsatilla* is not marked by intensity of pain.

Chamomilla touches the symptoms of gastric derangement on one hand, and those of nervous excitement on the other. It also meets some symptoms that are a compound of neuralgia and rheumatism, so that it has rather a wide sphere of action. The gastric symptoms point to irritation of the mucous membrane of the stomach, together with biliary derangement. There is loathing of food, a bitter taste in the mouth in the morning, great thirst, nausea, and even vomiting of food and bile. The bowels are more often relaxed than confined. There is giddiness on rising from the bed ; the pain is generally one-sided ; worse at night, in the open air ; and better for warmth. The face is flushed, or only one cheek is flushed, and the other pale.

Patients to whom *chamomilla* is suitable are of a sensitive, irritable disposition, and do not bear pain with stoical indifference. They belong either to the purely nervous or the nervo-bilious temperament.

The headache of chronic dyspepsia has many points in common with the headache of chronic liver com-

plaint, so that I will at once pass on to the symptoms of an acute bilious attack, when the congested liver pours out its excess of bile and gives rise to the phenomena I shall now describe.

BILIOUS HEADACHE.

The bilious headache might be characterized rather by discomfort and distress, than by absolute severity of pain. The patient generally has complained for some days previously of confusion in the head and giddiness, with occasional nausea, a dislike to meat food in general, and to fatty meat in particular. If he passes a pastry-cook's grating, and a whiff of warm, steamy air comes up to his nostrils, redolent of mutton pies or richly flavoured soups, he is then apt to take less interest in the wedding cakes and artistic confectionery that grace the windows than these examples of plastic art demand. Indeed, he is apt to hurry on to a cooler and less fragrant atmosphere, where the chaste coldness of Messrs. Fisher & Stidstone's stationery invites his eye, or where, in another window, the crystal purity of glass suggests iced claret rather than mulligatawny soup.

Furthermore, at night the patient is restless, and sometimes feverish before an outbreak of headache. The water is scanty and high coloured, the bowels are confined, and the evacuations pale and clay-like in colour. The outbreak itself is often short and sharp. The patient wakes in the morning with a dull heavy *feeling in his head*, with a bitter, disagreeable taste in

his mouth, with a general weariness or even pain in his limbs, with a pain in his right shoulder, and a feeling about him that he knows by past experience means mischief. He has also a curious sensation, as if his head were gigantically swollen, and must eventually fill the room ; and when he rises from his bed the feeling amounts to almost an absolute certainty, the poor body seems so light and insignificant, and the head so inordinate in its dimensions. These symptoms gradually intensify, the head becomes more confused, the pressure and aching round the forehead is more severe, the throbbing and giddiness increase on every movement, and the fireworks of a disordered liver play with increased liveliness before the sufferer's retina. In addition to the fireworks, there is also a general yellow spottiness of effect, as if some clever illusionists, like Messrs. Maskelyne and Cooke, were strewing spectral buttercups and primroses on the white linen sheet and counterpane, on the white window curtains, and on the white walls of the sufferer's bedroom. When matters have come to this pass, we may be sure that very little relief will be obtained until vomiting occurs or the bowels act pretty freely. The vomiting will be first of the contents of the stomach mixed with bile, and secondly of pure bile and mucus ; when both food and bile have been got rid of, there will be in many cases immense relief. The fulness and tightness round the forehead and temples will be mitigated, the head will have lost some of its imaginary proportions, the oppression at

the stomach will be less, there will be a less brilliant display of stars and rockets, the buttercups will have paled their yellow fires, and though the patient may feel somewhat prostrate and relaxed, yet it will be the prostration of relief, the calm happiness of prostration a patient may feel who has suffered the setting of a broken bone. I appeal to sufferers from headache for a defence of this comparison. The relief is often immediate after a severe attack of vomiting, especially if a large quantity of bile is ejected.

As chronic dyspepsia is sometimes the forerunner of an acute bilious attack, so some of the medicines named for treatment of the former trouble will be found useful for the latter.

Nux vomica, bryonia, pulsatilla, and chamomilla have been spoken of, and can be referred to, in the preceding section. I will here name *iris versicolor* as a very useful medicine in cases of headache that occurs with bilious vomiting. The pain is generally seated in the right side of the head, in the forehead, and over the brow; it is worse for rest, and better for slow movement in the open air. The sickness is accompanied by diarrhoea and prostration, both physical and mental. The vomiting is decidedly bilious. The face and forehead are often bathed in a clammy cold perspiration. In the symptoms given of this drug we have both pain and sickness as prominent features, whereas in the case of *ippecacuanha* we have sickness predominating and pain appearing as a minor symptom; and therefore this drug will be of more value in

checking the sickness incident to a bilious attack than in controlling the concomitant pains in the head. The sickness of ipecacuanha is more a stomach trouble than a liver weakness ; it is more continuous than that of iris, lasting after bile has been got rid of, and brought on even by drinking cold water.

RHEUMATIC HEADACHE.

The *rheumatic headache* is characterized by great tenderness of the scalp, and the pain will sometimes extend to the muscles of the neck ; the nape of the neck being uncomfortably stiff and aching. It will also shift from one tender spot to another. The face is occasionally but not invariably flushed. The pain is generally worse in the evening and night ; always relieved by warmth and increased by cold. A drive in the cold damp air is an infallible recipe for its production ; and the warm genial atmosphere of a room with a fire in it, a cup of hot tea or coffee, and local warmth to the painful parts, form an almost equally infallible recipe for its relief. Its cure must be brought about by improving the patient's general health, keeping him out of harm's way, and obviating any rheumatic tendencies. As a rule, sufferers from this form of headache have been affected with rheumatism in other parts of the body besides the head ; but there are exceptions to this rule. Those who perspire very freely are liable to be attacked by it ; they must therefore take extra pains in not allowing the perspiration to be suddenly checked ;

and lest the perspiration should be too free and active in the scalp, they will wisely keep their hair cut rather short. They must also avoid malt liquors and very sweet or very acid wines ; excess of sugar and excess of acid is almost invariably hurtful to patients of a rheumatic disposition. Warm clothing is indispensable in their case, as there is a tendency for this headache to become intermittent ; for we notice that it is sometimes complicated with ague and facial neuralgia. It is well for the victims to this form of headache to give marsh lands a wide berth ; and if their occupations must perforce bring them near these dangerous districts, let them always approach the enemy warmly clad and well nourished with good food. A thin coat and an empty stomach are the most tempting invitations a man can give for an attack of ague, neuralgia, or rheumatism.

Rhus tox. should be used when there are rheumatic pains flying about the head, which pains are generally worse in bed, when the patient is quiet, or when he first begins to move about ; when the scalp is tender, and when there is a liability to take cold from having the head made wet.

The pains of *rhus* are generally increased by warmth ; but this rule does not always apply to the rheumatic headache for which this medicine is suitable, as these rheumatic scalp pains are invariably relieved by warmth, increased by exposure to cold, the change of weather, and in wet weather. As dry warm air suits *these pains to a nicety*, so a cold damp air is poison

to them. The confused, heavy, stupid headache of low fever, for which *rhus* is given with advantage, is to be treated of in connection with fevers, a matter which does not come within the scope of this little book.

Bryonia has been quoted as a valuable ally in the treatment of dyspeptic headache, see pp. 48, 49. It is also of great service in the rheumatic headache, especially if the pains are improved by warmth ; if rheumatism has attacked other regions of the body besides the scalp, and indigestion is an old standing trouble, then its help is all the more needful.

Actaea racemosa is a medicine that has won occasional laurels in headaches that touch on the border-lands of rheumatism and neuralgia ; and in most instances women rather than men have been its most grateful admirers. Sulphur should always complete the cure of this as of every form of rheumatism.

GOUTY HEADACHE.

Passing from the rheumatic we come with most natural and easy sequence to the *gouty headache*. Inasmuch as gout and rheumatism are cousins by marriage, so consequently we must look for and find an affinity between the gouty and rheumatic headaches, though this affinity is not always so readily traceable as we should at first expect.

The gouty headache sometimes has symptoms of acute congestion, as met with in the strong robust

man who has lived with more luxury than judgment. These symptoms are given in full detail at pp. 10, 11.

And there are also in cases of atonic gout symptoms of passive congestion, with decidedly a neuralgic influence about them ; and, together with this neuralgic influence, there is met with undoubted tenderness of the scalp, pointing to irritation of superficial nerves and of the fibrous tissues in their neighbourhood ; so that with this many-sided affection, this coat of divers colours, this ever-changing Proteus, gout, we must have a varied line of treatment to pursue, applying our remedies to the relief of those symptoms that call most urgently for help.

TUBERCULAR HEADACHE.

The *tubercular headache* is really a serious matter to deal with, and is more especially an affection of childhood and early youth. Its symptoms are at first obscure, and may be mistaken for the headache of worms, or of a diseased stomach. They are met with in children of very delicate constitution, and whose parents are of the scrofulous or tubercular diathesis. The little patients are often of high intelligence, with bright sparkling eyes, but pale cheeks that flush easily with excitement. The head in many cases seems proportionately too large for the rest of the body, the poor little body being too frail a dwelling-house for the bright life within. The patient often puts his hand to the head and complains of pain *there* ; and when pain is complained of, there is

generally flushing of the face and a brighter look about the eye ; the ears, too, are often hot and burning ; the lips look redder than usual, "as though a bee had stung them newly ;" and there is a dislike to light and to sound. There is also irritability of temper, and a desire on the part of the child either to be left quite alone or to be caressed and comforted by its mother, or any one to whom it shows especial attachment. Thirst also is complained of, and there is dislike to food. Should these symptoms recur at frequent intervals, medical advice should always be sought for, before those of graver import set in ; when help indeed so often comes too late. The symptoms just given point with sufficient accuracy to incipient disease of the membranes of the brain ; when this disease has fairly established itself, we have little to hope for from medical treatment. One word of caution I would give here to fond parents proud of the precocious intelligence of a favourite child. When they see signs of remarkable intelligence in a young child, let them rather check this undue and dangerous development of brain force, and look rather to the development of bodily power ; for as surely as the brain is stimulated to unnatural efforts, so surely will both brain and body suffer irreparable injury. Infant wonders are to my mind painful exhibitions of human folly—half-ripened fruit of hot-house growth, insipid or sharply sour.

When loss of flesh accompanies or precedes this form of headache, and loss of colour that alternates

with flushing of the face ; and when the little patient is drowsy by day and restless by night, grinding his teeth by night, and tossing his hot head about on the pillow,—then we may suspect the beginning of mischief in the membranes of the brain. When the mischief is fairly established, then the head symptoms increase ; the pain being generally referred to the forehead or crown of the head, and is a constant unremitting pain, though becoming at times greatly intensified. At such times the little sufferer will put his hand to the head, with a moan of pain, or he will utter a loud and piercing cry, or clasp his hands tightly round his head, as though pressure relieved him. These acute symptoms are followed, sooner or later, by stupor, convulsions, paralysis, and death.

The headaches of tubercular deposit in the brain are very difficult for lay treatment ; but such medicines as aconite, belladonna, glonoine, gelseminum, will be useful in acute attacks of pain ; and such constitutional medicines as calcarea carb., baryta carb., arsenicum, phosphorus, sulphur, and zincum will be needed to strengthen the whole system of the sufferer. The treatment of this headache, of that of organic disease of the brain, and of syphilitic headache, should always be under the control of a medical man.

The symptoms of these headaches have been given for general guidance and warning, inasmuch as the old proverb holds good in medical as in military matters, "*Forewarned, forearmed.*"

HEADACHE OF ORGANIC DISEASE OF THE BRAIN.

Leaving the headache of tubercular subjects, let us pass to those symptoms which point to organic change in the brain substance,—symptoms which in the outset are due to purely functional, and therefore remediable causes, but which eventually indicate absolute organic change. If therefore we meet with persistent headache either in the very young or the middle aged, we should be on our guard against alterations in the brain structure, which may end in apoplexy, paralysis, or death. In reference to patients between forty and sixty years of age, if we find that they complain of much giddiness and headache that recur at frequent intervals, and there is associated with these symptoms intense flushings of the face, one-sided pain, and obstinate constipation, we should watch this patient with great care and attention, investigate his habits of life, and in every way improve his general health, and remove him from any occupation or condition that is liable to aggravate or induce these symptoms, which are so many danger signals in his path to warn both patient and friends of calamity that impends, but which may possibly be averted by proper treatment.

The headache of organic disease of the brain is somewhat difficult to recognise; in some cases pain is not acute, but there is merely uneasiness, and in others we have symptoms also common to neuralgic headache, for there is occasionally intensity of pain, and the pain is one-sided; there is also a

weak pulse and feeling of prostration, but the temples and forehead in headache of organic disease are cold and clammy to the touch, and the face has a pale earthy look, indicative of deep-seated weakness, that is very characteristic. There is more persistency of pain in this headache, and the symptoms are aggravated by sleep, by study, by stimulants, and by stooping. There is also occasionally difficulty of speech ; numbness is likewise felt in one arm and leg, or in both legs. Memory is also occasionally affected. Sleep is heavy, and the breathing stertorous, or the patient is disturbed by anxious dreams. The whole general powers of the patient are impaired, the sight is dim, black specks float before the eyes, double vision is complained of, the breathing is affected on going upstairs, and there is an appearance of feebleness and senility that is not met with in patients from purely nervous headache. Furthermore, there is not that absolute sense of relief that follows the last chapter of nervous or bilious headache, where either sleep or sickness brings a happy termination to the sufferer's troubles. When the pain has passed away, there remains not merely for a few hours, but for days after, a feeling of weakness and shatteredness (to coin a word) that implies serious disturbance in the great nervous centres. These symptoms are accompanied by a state of passive congestion, which coexists with a very weak action of the heart. Indeed, where there is alteration of the brain structure, there also do we

often find a flabby if not diseased condition of the muscles of the heart, dilatation of the right side of heart, with loss of muscular power, and of valvular competency: a state of affairs that calls loudly for the judicious use of alcohol.

HEADACHE CAUSED BY WORMS.

The *headache of worms* is sympathetic with the irritation caused by the presence of these parasites in the bowel, whether we have the tapeworm, long round worm, or small threadworm to deal with. The last-mentioned enemy is the most frequently met with, and as a rule is the easiest to conquer. The headache caused by this busy and prolific little parasite is generally felt on waking in the morning, when the stomach is empty, and in the middle of day before early dinner-time. It is aggravated by fasting and also brain-work. Conversely it is improved by taking food and by exercise in the open air. The head is generally hot to the hand; and the child, for it is most frequently met with in children, is restless and irritable, the face is flushed, the ears are hot, and the hites of the eyes are often slightly injected. The breath also is offensive. By ejecting the worms the headaches are relieved, and by preventing fresh colonists to settle, headaches are kept at bay. We must not merely direct our attention to the destruction of the worms, but also to the removal of their ova, which abound in the neighbourhood of the lower bowel. A simple but efficient plan is to inject salt and water into the bowel

at bedtime,—a teaspoonful of common table-salt to a tumblerful of cold water ; this may be repeated for three nights in succession ; and after that an injection of lukewarm water used for a few weeks after to clear the bowel of mucus, which forms an appropriate hiding-place for these enterprising parasites.

To prevent the young threadworms from coming of age, an American author recommends the application of lard and sweet oil round the anus two or three times a week ; as by this means the ova of the thread-worm perish, and, coming to an untimely end, no fresh progeny of tormentors is introduced into the system, and so little children suffer from one headache less.

Of those medicines which exercise most permanent control over the headache of thread or tape-worm, I would mention *cina* as the chief ; for it not only quiets the whole irritated nervous system, but also acts as an enemy to the parasites themselves, and therefore it is of double value. It should be given at bedtime, for this is a time when the threadworms make their presence most disagreeable and inconvenient.

Ignatia will also calm the nervous irritation caused by these worms, especially in highly sensitive patients, and when there is much starting in sleep.

Belladonna will relieve any temporary congestion that occurs from sympathetic irritation of the nervous and circulatory system.

Calcarea carb., *sulphur*, and *mercurius* will be often required to complete the cure of the headache and the bowel weakness incident to this affection.

THE MENSTRUAL HEADACHE.

This headache is one of either active or passive congestion, according to the character of the period: namely, whether there is insufficiency or profuseness of flow; and also according to the constitution of the patient: namely, whether she is delicate or robust. In the case of a delicate girl, where nervous force is wanting to fully complete the menstrual crisis, we get the headache of passive congestion, sometimes accompanied by a train of hysterical symptoms, for which *actaea racemosa*, *coccus*, and *ignatia* will be of great service. In the case of a robust girl, where the period is insufficient from exposure to cold and damp or change of climate, we have symptoms of active congestion to deal with, for which *aconite*, *belladonna*, and *gloinoine* will be found useful (see pp. 12-15 for their characteristic action). Measures must also be taken to restore the flow, by such medicines as *pulsatilla*, *helonine*, *sepia*, and *sulphur*, together with appropriate hygienic treatment. In the case of a weakly patient, every means must be used by medicines, fresh air, exercise, and good living to strengthen the whole system, and so help nature in her periodic efforts.

In the case of headache from profuseness of flow, we again meet with a state of passive congestion, and a tendency to neuralgia. The picture given of the woman who had nursed her baby too long can be also applied to the sufferer from a long-continued or ex-

cessive menstrual flow. *China, calcarea carbonica, sabina, ferrum, and lachesis* are all excellent medicines for the weakness and headache arising from this condition. *Sabina* and *ferrum* will also greatly help to control the flow.

The headache patients suffer from at the *change of life* is of a mixed character, dependent on the condition of the monthly flow, and therefore we must use a varied and appropriate treatment. *Aconite, belladonna, glonoine, sanguinaria*, will be found of great value in the states of active congestion sometimes met with ; and as above quoted, *china, calc. carb., ferrum, lachesis, and sabina* will be of value when passive congestion is met with.

Lachesis exerts more general influence for good to patients passing through the trial of the change than any medicine I am acquainted with ; the characteristic symptoms are given at pp. 42, 43. *Actaea, ignatia, lachesis, and coccus* have also great power in soothing the excited nervous system during this trying crisis.

Dr. Richard Hughes, of Brighton, makes the following appropriate remarks on this subject in his excellent " Manual of Therapeutics " :—

" There are two forms of distress in the head complained of by menopausal patients. The one appears to be a special local manifestation of that general hyperæsthesia of the vascular nerves which I have already described. There is little or no pain ; but the patients complain of great giddiness, with rush of blood,

throbbing, beating, and roaring, sometimes with noises in the ears. *Lachesis* helps this, but not very decidedly. On the other hand, it finds in *gloinoine* a most efficient remedy. I believe that Dr. Kidd was the first to suggest this medicine for the malady in question."

Again, he says, "The other head affection of this period of life is a true ache, a burning pressure upon the vertex. Sometimes it is here, as elsewhere, a symptom of debility from loss of fluids."

"In these cases the patient often complains of a feeling as if the head were opening and shutting. The medicines are obviously *China* and *Ferrum*. Quite as often, however, there is no such cause present to account for it, and the distress is purely sympathetic. In this case I have rarely failed to relieve with *lachesis*."

The general *hygienic treatment* of headache in the intervals between the attacks must be more or less varied, according to the different kinds of headache and the various constitutions of the sufferers. To begin with, one of the first and most important suggestions I would give to all who would wish to keep free from headache, is,—Take exercise, in some fashion or other, whether on horseback or on foot, whether by rowing, fencing, single-stick, croquet, Badminton, battledore and shuttlecock, gardening or Ling's gymnastics. I include the two latter means of exercise, because the leisurely movements of rose tying, weed pulling, and watering of flowers are well

adapted to those whose energies are not equal to long walks or the suddenly violent efforts required for rowing, fencing, single-stick, or Badminton ; and because it is better that the muscles should be put into action indoors during wet weather, rather than sluggishness of the circulation should exist as the forerunner of a bilious attack or a headache of passive congestion.

Again, those who suffer from great weakness of the heart's action, can take a good deal of gentle exercise by adopting some of the movements in Ling's system of Swedish gymnastics ; for thus they can, with their own help and the help of an intelligent relative or friend, keep the circulation in fair order. By this very means the risk of both active and passive congestion can be reduced to a minimum, all other circumstances being equal. For the bilious and the gouty, active exercise is one of the first measures for keeping patients in good health ; and if the bilious and the gouty *will* live on too liberal a diet, and neglect exercise, they *must* suffer from congestion of the liver, stomach disorders, pains in the limbs, and headache, for the relief of which frequently quoted symptoms Blair's gout pills are not absolutely specific.

Again, on the other hand, the nervous and weakly can improve the whole state of their circulatory and nervous system by well-regulated exercise, both indoors at home, and out of doors in the green fields or shady lanes of our own country. I feel convinced that many a headache, whether of active or passive *congestion*, might be mitigated, and in some cases

entirely warded off, by the patient taking as active exercise as his normal strength will permit,—a sharp walk for instance, or a canter on horseback,—so as to set the heart beating powerfully, and so as to send the blood coursing gaily along its channels and covered ways. If perspiration follows the well-timed exercise, then there is all the greater likelihood for the patient to be freed from pain. I can speak from personal experience in this matter. I have been a sufferer myself from neuralgic headache, and I know only too well that if I can take active exercise within an hour or so after breakfast, when the first sharp bites of pain attack me, and if I can bring on free action of the skin, then my reward will be a breaking up of those troublous symptoms the world speaks lightly of as nervous headache, and which the patient views as one big black shadow lying across his day's labour or his day's happiness ; for both labour and happiness are crushed and annihilated by the presence of this headache.

When active exercise cannot be taken, from want of muscular power and weakness of heart's action, then the use of the vapour bath is very desirable, as in a few minutes the skin begins to act, and in half an hour the uneasy feelings of passive congestion are relieved, and pain is quieted. The vapour bath would be especially desirable in cases of gouty or rheumatic headache, when the patient is enfeebled, and the weather is wintry and villainous. Mr. Walters, of Moorgate Street, has given the world a portable vapour bath, which is full of ingenuity, and

for which the world should be grateful ; let the world show its gratitude by making trial of one.

I would say, therefore, to all who suffer from pains in the head and about the head, "Take exercise." The bilious *must* take it, and the nervous *ought* to take it. The portal circulation gets clogged, thickened, and sluggish, without the relieving stimulant of exercise ; and the weakly, irritable nervous system becomes more weakly and irritable without the fine invigorating tonic of exercise—a tonic, by the way, which does not injure the teeth, and which costs nothing.

The general public has a noble and trustful faith in the powers of medicines to work miracles on all possible occasions ; it is apt to rely too much on this sole agency for good, and to neglect other means, less mysterious in their working, but, nevertheless, more accessible and equally reliable. The bilious man, for instance, reads his paper, and when tired of seeing that "The pope passed a restless night," or that "her majesty took an airing on the slopes," or that "shirtings were firm, and tallow was flat," he naturally, from sheer indolence and bilious apathy, turns to the advertisement columns. And what in these columns stands in boldest relief? Why, nothing less than short notes of admiration on the value of antibilious pills.

Has he not had, gathered together in his one individual frame, all the symptoms that this medicine *is powerful to remove*? And will he not trust Mr. *Frampton's* admirable "Pill of Health," rather than

take a good, honest, liver-shaking walk or ride?—for which, I regret to say, there are no advertisements in the *Daily Telegraph*, *Daily News*, or even oracular *Times*. Conversely, and in the immediate neighbourhood of these printed plaudits of antibilious pills, there are for the weary sufferer from weakened nerves some exceedingly apposite remarks on the virtues of Pepper's Quinine and Iron Tonic, which I regret to say are too lengthy for quotation here, though of infinite value, I doubt not, to the world at large. The poor creature who is all nerves and no muscles, reads of the magical properties of this Quinine and Iron Tonic, and believes, in her simplicity of soul, that she merely requires to lay in a twenty-two shilling stone jar of this splendid pick-me-up, and that the reward of her confidence and outlay of money will be complete restoration to health and strength, with nerves of quinine and muscles of iron; whilst, during the consumption of this mixture, her most violent exercise is a negligent half hour's saunter in the garden or an hour's gentle jolting in a Bath-chair.

Whilst on the subject of exercise, I ought to mention that when a headache is fairly developed, muscular movements are not of the same value that they would be in the intervals between the attacks, or when the first premonitory symptoms arise,—those gusts that intimate the approach of the storm. Again, too, exercise that requires much stooping should always be avoided during this premonitory stage, as, though it sends a glow through the body, yet it causes

inequality of pressure on the bloodvessels of the brain. Let any one who has the premonitory symptoms of a nervous or bilious headache try the comparative benefits of a sharp country walk and half an hour's digging or weed-pulling in his garden.

Amongst other accessories for the relief of headache, I would mention the value of having the hair sharply and vigorously brushed by a hairdresser during the coming-on of headache; and the circular brush that is prompted to action by machinery is more soothing in its influence than the ordinary brush when controlled solely by the hand of man. For a neuralgic headache and for rheumatism of the scalp, the circular brushing by machinery is only equalled by the comfort of sponging the head with hot water; and it outvies the sponge, inasmuch as the patient has nothing to fear from catching cold after the operation. The so-called "shampooing" will afford relief in some cases, but then it requires a very nice and delicate adjustment of hot and cold douches; for though the warm douch will soothe the poor, irritated nerves, yet if the officiating priest of the bath is too sudden and too violent in his outpouring of cold water, he will nullify the good effects of his warm waterfall by giving the nerves a shock for which their strength is barely equal. These details may appear trivial to some readers, but I appeal to a headaching audience, and they will, I know, bear me out in my assertion, that it is one thing to be coaxed and soothed by circular brushes and intelligent splash-

ings of warm and cold water, and it is quite another to have a short-bristled brush rattled over your aching head with a charming disregard to the sensitiveness of the nerves of the scalp, and to the comparative value of bristles or boxwood in smoothing people's hair and temper. I have sometimes shuddered for my turn to come in a hairdresser's room, when I have seen the brush handled by a clumsy apprentice, and heard it tap and rattle against the scalp of some confiding customer.

Galvanism, judiciously applied, will do much to strengthen the nervous system in the intervals between attacks of nervous headache; but it is often more irritating than soothing if applied to the head at the time of an attack. For the happy application of electricity the patient should seek the services of a medical man who has paid attention to this branch of therapeutics or to a skilled electrician.

Both Pulvermacher's chain-bands and Darlow's Magnetine have given great assistance to many sufferers from neuralgia, and they keep up a gentle continuous current of electricity that forms an admirable stimulant to a weakened nervous system.

Cold sponge baths are eminently tonic to those whose circulation is fairly active; but they are eminently hurtful in cases of weak-acting heart, and eminently dangerous where the heart is organically affected and the bloodvessels of the brain are poor in fibre. Again, too, in cases of liver congestion, where the standard of health is rather low, they only

tend to increase this state of passive congestion, unless used with great caution. I think it right to refer to the subject of cold sponge baths, as within the last fifteen to twenty years, young and middle-aged England has been inspired with the idea that cold bathing at all times and seasons is a very manly and noble thing, and therefore the ironmongers of Great Britain have added largely to their profits. This manliness of England's youth and middle age is very touching to contemplate, and the ironmongers' profits would almost move me to tears ; but when I think of the numerous instances where this manliness is ill-timed, I am more disposed to shed tears for the sufferers than for the commercial interests of this country. The chronic rheumatism, the chronic cough, the chronic liver derangement that is kept up by the splendidly sustained courage of cold sponging is mournful to consider, and all for lack of a little common information, a little common sense, or a little timely cowardice.

Now this short tirade is not directed against all cold-sponging for the young and vigorous, but it is intended as a word of warning to those whose circulation is somewhat inactive, and therefore to those who have a weak acting heart and a sluggish liver. The young and strong may splash about freely in a tub of cold water, and they will be all the better for it, as their circulation is active, and a healthy glow will be their reward ; but if they suffer from chronic rheumatism, the glow will not always follow the use of *the cold bath*. Let these, therefore, pour hot water

into their sponge baths, and let them have a can of cold water by their sides, let them stand in the hot water and splash their bodies very quickly with the cold ; this will prevent the possibility of those sudden rushes of blood to the head we are all so alarmed at, and also, by keeping the feet warm, the rest of the body will stand the shock of the cold with nobler fortitude. A warm hip bath, with the can of cold water by the bather's side is another method of safely performing one's ablutions. But I must make one suggestion, and that is, if bathers fancy that they thoroughly cleanse their skin by the sudden and unequal application of various spongefuls of cold water, they are grievously mistaken. Soap and warm water are the only true agents for a thorough cleansing of the skin. So let cold bathers rejoice, but with moderation.

Another word of warning to sufferers from bilious or nervous headache. When they wake in the morning with those unmistakable premonitory symptoms that usher in a day of pain, let them abstain from their cold sponge, for these symptoms imply that their standard of health is low, and that the reaction which they hope will follow the application of cold will be replaced by a miserable creepy feeling, as if one had already caught cold, and felt sure that the cold would run into a low fever.

It is a very charming and delightful thing to cure patients of their aches and pains, or to mitigate their aches and pains ; but it is infinitely more refreshing to warn them of danger, and to ward off the attack of

the enemy. A shield is an object of greater esteem than the surgeon's knife, and I would rather write words of defence against harm that *may be* done than give counsel for evil that *has been* done.

For sufferers from neuralgic headache, it is most important that they should keep the circulation in good order. I have spoken of the absolute value of exercise, of the relative value of cold baths, but there is a third point to be touched on, and that is the subject of clothing. Those whose nervous systems are low and weak have weak circulation, and to have weak circulation is to have cold hands and feet, and a generally low degree of animal heat. These patients must therefore pay attention to the subject of their dress ; and it will be better for them, as a rule, to wear plenty of warm woollen clothing, rather than to go thinly clad, with the mistaken idea that they will get hardened to the action of cold. Let them harden themselves as much as possible by constant and daily exercise in the open air, but let their wrappings be warm and comfortable. Because, furthermore, the month is June, let them not shed suddenly their winter clothing, for in this treacherous month we have great and sudden variations in the temperature, and those who perspire to-day may shiver to-morrow. Let the neuralgic patients and the bilious also be liberal of their wraps in changeable weather, and let them rather dress for the day than for the season. We have in these latter days verified the suggestion of *Byron's* line :—

" Seek roses in December, snow in June ;"
and therefore our toilet must be consistent with the inconsistencies of the season.

In conclusion let me add, that as pain is a signal of distress, it should not be disregarded. For an ironclad vessel worth three millions to founder is misfortune indeed ; for the delicate machinery of a human brain to go to wreck and ruin is disaster most lamentable.

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